

## Long Term Plan: Physical Education

### Key Stage 2 / Year 4



Autumn	Spring	Summer
<p><b>real PE Unit 1: Personal</b></p> <p>Pupils continue to learn fundamental footwork skills and static balance on one leg through a range of games such as Through The Gate. When performing they will be able to react positively when things become difficult and show perseverance in tasks.</p> <p><b>Gymnastics: Balance and Flight</b></p> <p>Pupils practise balances in various positions with a partner (plank, linked one leg, partner balance) before applying their skills in sequences. Pupils practise a range of jumps (scissor, stag, arch, ring) before incorporating apparatus to add into their routine.</p>	<p><b>real PE Unit 4: Creative</b></p> <p>Pupils learn creative coordination ball skills and counterbalance skills with a partner. Pupils implement these in games such as Creative Squash and Juggle Challenge. When performing they will begin to recognise similarities and differences in their own and others movements and expressions.</p> <p><b>Invasion Games: Tag Rugby</b></p> <p>Pupils practise performing passing, using footwork to dodge opponents and ball handling skills in rugby. They will develop their attacking and defending tactics and decision making to use in small sided game situations</p>	<p><b>real PE Unit 2: Social</b></p> <p>Pupils further develop social skills including guiding a small group through a task and giving supportive feedback to others. They develop jumping and landing combinations and explore static balance through a range of games such as stepping stones.</p> <p><b>Athletics</b></p> <p>Pupils develop sprinting techniques and learn to pace themselves over longer distances. They practise throwing the javelin and shot put with a good technique, jump for distance and compete in competitive situations.</p>
<p><b>real PE Unit 5: Physical</b></p> <p>Pupils learn the fundamental movement skills of agility focusing on reaction and response and static balance through floor work. They will start to develop their decision making to select and apply a range of skills with good control and consistency.</p>	<p><b>real PE Unit 3: Cognitive</b></p> <p>Pupils continue to explore the cognitive skills of dynamic balance on a line with apparatus. They also practise coordination by developing their ball skills. They will be able to explain what it is they can do well and identify areas they need to improve on.</p>	<p><b>real PE Unit 6: Health and Fitness</b></p> <p>Pupils learn health and fitness skills through agility and static balance. Agility is developed through ball chasing and static balance is explored through floor work focusing on stances. Alongside this they will be able to explain why we need to warm up and cool down before and after exercise.</p>

They practise these skills through games and competitive challenges.

### **Dance**

Pupils explore dance artistry working individually and in a group. The pupils focus on creating a repeated longer performance with clear shapes and controlled movements.

### **Net and wall games: Tennis**

Pupils explore net and wall games through tennis. They focus on basic handling of the racket, specifically holding accurately for a forehand shot, before using this in play. The pupils progress to hold accurately for a backhand shot and use this in play.

### **Striking and Fielding: Rounders**

Pupils explore striking and fielding through a range of activities. They explore the basics of fielding and ball handling with a focus on throwing and catching the ball with accuracy. Pupils develop their batting and bowling skills focusing on gripping the ball properly and incorporate fielding skills. Pupils practise the skills learnt in a game situation.